



Keys to Life Health Fair

Over a hundred people attended Malcolm Grow Medical Center's "Keys to Life" Health Fair this past January to obtain the "keys" (medical information and screenings) to help improve and enhance their overall health and well being. The idea for the health fair came from a desire to better address the health and wellness concerns of our beneficiaries. The 89th Medical Group Commander, Brigadier General William J. Germann, accompanied by his wife and three children, kicked off the event by welcoming attendees.



The health fair was held in the medical conference center and included over 15 display tables designed to address health care and other related issues relevant to beneficiaries

active duty, retirees, and family members. Exhibits were staffed by medical personnel and experts from around the base and provided information on Public Health, Immunizations, TRICARE, Dental, Pediatrics, Ophthalmology, Health and Wellness Center (HAWC), Occupational Therapy, Spiritual Health, IDS/Family Advocacy, Physical Medicine, Nutritional Medicine, Youth Center Programs, Financial Health and Pet Services.

"The time went by very quickly, we had a steady stream of patients for several hours", stated one volunteer. One of the most popular stops was the HAWC table where individuals could have their cholesterol and blood pressure checked. In addition, Ophthalmology provided glaucoma tests, the Medical Law Office provided assistance with drafting Advanced Directives, the hospital

Chaplain offered spiritual advice and TRICARE personnel were available to answer benefit questions.



A big thanks goes to the Andrews AFB Commissary which graciously donated spring water, delicious fruits and freshly baked donuts as well as the M&T Bank, which provided many wonderful door prizes & financial counseling. "It's a great idea", said one attendee. "It's not very often that I can speak to an expert for lengths of time about health issues and other concerns without time constraints."

The Malcolm Grow staff is committed to offering programs that enhance the health and wellness of our patients. We look forward to offering fairs and other education opportunities in the future that protects and improves your health.

Mark Your Calendar!

**Hospital &
Community Crosstalk
6 July 2004, 1300
hours**



Come hear about the latest programs and services at Malcolm Grow, ask questions and share your concerns/compliments. This forum is hosted by the 89th Medical Group Commander and is open to the entire military community – active duty, retirees, family members. Refreshments provided. We look forward to talking with you.

NEW- Tri-fit Fitness Evaluation System

Active duty, retirees, family members and DoD civilians now have a new way to evaluate their overall level of fitness – it's call the Tri-fit Fitness Evaluation System. Tri-fit provides a comprehensive evaluation of the five components of physical fitness. Cardiovascular (aerobic capacity), muscular strength and endurance, flexibility and body composition.

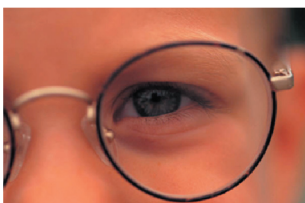


It's similar to the annual fitness assessment required of active duty members but more comprehensive. It utilizes a bike rather than running to assess aerobic fitness and includes a computer software program, standardized for the military, to record, evaluate and track fitness results. Results are evaluated and printed out for the member and provide an excellent tool for tracking fitness improvements. All military beneficiaries are invited to take advantage of this new test. Call the Health and Wellness Center to schedule an appointment today at (240) 857-5601.

News From the Ophthalmology Clinic

Did you know that diabetes is one of the leading causes of blindness in the United States? Every year thousands of Americans suffer permanent vision loss due to diabetic retinopathy. Early detection and treatment is the key to preventing this condition.

The Malcolm Grow Ophthalmology Clinic has recently made it easier for diabetic patients to book their annual eye exams and obtain critical preventive eye services. Diabetic patients who have not had a dilated eye exam in the past 12 months should contact their PCM. The PCM will initiate a referral and the patient may then call the ophthalmology clinic directly at (240) 857-4929 to schedule an exam.



Parents- It's that time of year again

Even though September may seem like a long way off, it's not too early to start thinking about back to school and sports physical exams. Appointments fill up quickly in July and August and to avoid the back to school rush it's best to call early for an appointment, 1-888-999-1212.



In accordance with the Maryland Department of Health and Mental Hygiene, a physical examination is required for students entering Maryland public schools for the first time or transferring from a private school. The examination must be done within nine months prior to enrollment or six months after enrollment.

Children participating in organized sports are required to have a physical exam every year. This physical exam can be accomplished at the same time as a school physical. The physical should be done at least two months before starting sports to allow adequate time for follow-up testing, should it be required.



If a physical exam has been performed less than one year ago, the provider can fill out the required forms without performing a new exam. If special forms are required, please bring them in with your portion completed. You may return to pick up your forms after two duty days.

Physical exams not only provide information about disease conditions that could be affecting your child, they also serve as an excellent opportunity to learn about common health issues frequently experienced by school-age children and adolescents. These include health topics you might feel uncomfortable discussing face to face with your child.



Transition to a New Contractor



Hospital staff are busy working behind the scenes preparing for the transition to a new health services support contractor, HealthNet Federal Services. Every effort has been made to ensure a seamless transition and the switch to the new contractor should be mostly invisible to patients. When changes are implemented, such as new phone numbers, they will be well advertised. Enrollees can expect to receive a letter of introduction from the new contractor, HealthNet Federal Services, prior to start up in September.

In the event patients experience any difficulty with medical care or services, they should contact their PCM team Patient Advocate. Matters that involve TRICARE will be coordinated through the appropriate TRICARE representative. PCM team Patient Advocates include the following:

Family Practice- MSgt Noel 240-857-5162

Gold Team (Primary care) – Maj Espinosa
240-857-0618

Silver Team (Internal medicine) – MSgt Barnes
240-857-8722

Pediatrics – Capt Hrynyshen 240-857-3215

Flight Medicine – Capt Griffiths 240-857-5132

The Director of Customer Service, Lt Charles Moniz, is also available to assist with questions or concerns. He can be contacted at 240-857-5817. No issue is too big or small, feel free to call our Patient Advocates if you have a concern.



Primary Care Clinic Opening Soon

The end of construction is nearly in sight and the new Malcolm Grow Primary Care Clinic will soon be open for business. The clinic is located directly adjacent to the TRICARE Service Center on the basement level of the hospital, and will house the Pediatrics and Gold Teams as well as Allergy, Immunology, Chiropractic and Acupuncture services. Thank you for your patience during the construction process. We look forward to serving you in our new clinic. Stay tuned for the grand opening.

Dieticians Present Nutritional Information On Carbohydrates, Hypertension, Healthy Eating

Call the Nutrition Clinic at 240-857-5202 to schedule the following classes: Patients do not require a referral from their provider to attend, simply call to reserve a space.

High Blood Pressure Class 1st Wed of the Month



For people with high blood pressure and/or on hypertensive medications. Participants will learn about Hypertension, Hypertensive Medications, and Dietary Approaches to Stopping Hypertension. Class is taught by a physician and dietitian.

Carbohydrate Counting Class 2nd Wed of the Month

For people with Pre-diabetes, Diabetes and Insulin Resistance who would like to learn more about carbohydrates and their role in the body

Healthy Eating in Pregnancy Class 4th Wed of the Month



Gaining the appropriate amount of weight in pregnancy and eating a balanced diet can help both mom and baby! During this class pregnant moms will receive an individualized meal plan to help make sure they're gaining appropriately and getting the nutrients they need during pregnancy

Your Opinion Counts!

To help us provide the best possible service, we are asking our patients to take a short survey regarding the care and the service they receive. Using an "Opinionmeter" device, patients are being asked their opinions regarding their medical care, interactions with the medical staff and specific issues regarding Malcolm Grow Medical Center. Two opinionmeters are currently located in patient waiting areas throughout the facility and will rotate between clinics every two to four weeks. It only takes a few minutes to complete the survey and your feedback will provide valuable information to help us improve target areas and recognize outstanding service.

We appreciate your time and look forward to hearing from you. For additional information or to discuss a customer service issue please contact the Customer Service Department, 1Lt Moniz or TSgt Barnett at (240) 857- 5817.

FREE ADMISSION

Region I Active Duty Families
Baltimore's Inner Harbor -
National Historic Seaport



- USS Constellation *
- Baltimore Maritime Museum*
 - ☐ US Coast Guard Cutter Taney
 - ☐ US Submarine Torsk
 - ☐ Lightship Chesapeake
 - ☐ Seven Foot Knoll Lighthouse*

- Seaport Taxi

*Show your military ID at these ticket offices to receive a Seaport Taxi Day Pass for up to 4 family members. Effective January 1 through June 30, 2004.

Sponsored by Sierra Military Health Services, Inc.



RETIREES: Medicare Part B Penalties Waived

The TRICARE For Life (TFL) program was implemented in 2001 and has become increasingly popular with many older retirees. TFL requires that beneficiaries be enrolled in Medicare Part B in order to take advantage of the benefit, which provides health care, free of charge, in the civilian sector.

When TFL was established many military retirees believed they would never need to use the program because they lived near a military hospital where they could get care. Consequently they did not buy Medicare Part B insurance when they first became eligible. Unfortunately, retirees who waited to enroll in Medicare Part B have been charged a late enrollment penalty for every year they delayed in enrolling, past age 65.

There's good news for the 90,000 older military retirees who do not have Part B coverage or incurred a penalty when they purchased coverage late. The Medicare Prescription Drug and Modernization Act of 2003 makes two very important changes relating to enrolment in Medicare Part B for TFL beneficiaries.

First, military beneficiaries who are eligible for TFL, but are not enrolled in Part B, may enroll without a penalty during a special enrollment period through December 31, 2004. The special enrollment period will be announced on the TRICARE Web site (www.tricare.osd.mil) and publicized widely once the details have been worked out.

Second, military beneficiaries who enrolled in Medicare Part B in 2001, 2002, 2003 or 2004 and incurred a penalty for late enrollment in Part B can get those penalties eliminated. Elimination of penalties is effective 1 January 2004, but the procedures to do this have not been developed yet.

While penalties will be eliminated, there is no refund on the penalties paid prior to January 2004. TFL beneficiaries will only be reimbursed for penalties paid on or after 1 January 2004.

As soon as all of the issues regarding implementation have been worked out, information will be posted on the TRICARE Web site (www.tricare.osd.mil). Please be sure to check the Frequently Asked Question page of the TRICARE Web site for the latest updates.